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lateral epicondylitis

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A condition associated with tennis playing in which there is no reduction in range of movement or pain when the joint is moved passively, which is painful when actively moved

Cause Repetitive twisting of the wrist against resistance or frequent forearm rotation; there may be a partial tear of the tendon fibers at or near their point of insertion on the humerus

Diagnosis Active dorsiflexion of the wrist against resistance or firm fingertip pressure over the lateral humeral epicondyle produces sharp pain

Risk factors Forceful repetitive wrist or forearm movement or playing tennis

Management Rest, splinting and, if necessary, steroid injection

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lateral epicondylitis [Tennis elbow](#), see there.

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lat·er·al ep·i·con·dy·li·tis (lat'ēr-äl ep'i-kon'di-lī'tis)

Tension stress injury to the lateral epicondyle caused by repeated or forceful contraction of the wrist extensors; often seen in those involved in sports that use racquets.

Synonym(s): [lateral humeral epicondylitis](#), [tennis elbow](#).

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Patient discussion about lateral epicondylitis

Q. Are there any alternative treatments to Tennis Elbow? I've been suffering from Tennis Elbow for over 2 years and would really like to avoid surgery. Any suggestions based on your experience would be highly appreciated.

A. Massage therapy has been found to be beneficial if symptoms are mild. Massage techniques are based primarily on increasing circulation to promote efficient reduction of inflammation. Manipulation, acupuncture, and acupressure have been used as well. Contrast hydrotherapy (alternating hot and cold water or compresses, three minutes hot, 30 seconds cold, repeated three times, always ending with cold) applied to the elbow can help bring nutrient-rich blood to the joint and carry away waste products. Botanical medicine and homeopathy may also be effective therapies for tennis elbow. For example, cayenne (*Capsicum frutescens*) ointment or prickly ash (*Zanthoxylum americanum*) oil applied topically may help to increase blood flow to the affected area and speed healing.

and omega 3 fatty acids.

that's all i know...i investigated the subject as you can see :)

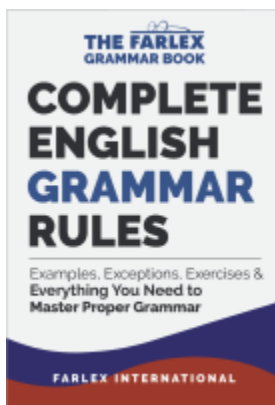
Q. I am suffering from tennis elbow for nearly three months. What is the best treatment and exercise? There is very pain and I can not lift any weight even mug to bath. I attended my doctor who advised me Nucoxia 90 (Etoricoxib 90) 1 OD for 14 days and SWD 10 minutes for 6 days at affected right elbow. There was some relief for few days but again the position is same due to which I am unable to do my routine works. At night on sleeping, the arm becomes heavy and painful.

A. As for i have learned that Tennis elbow is the inflammation of the tendons on the lateral side of the elbow. You can take an ice cube and gently massage it for about 10 minutes and repeat the same for 3 times a week. if you approach a physical therapist , that would be useful where they use a modality called ultrasound with some medication. A physical therapist can teach you how to do correct exercise.

<http://www.youtube.com/watch?v=B2n2iwQfiOE>

More discussions about lateral epicondylitis

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